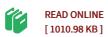




Changing the Game: 10 Perspectives to Taking Charge of Your Life (Paperback)

By Laurens Boel

Partridge Africa, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Life only has the meaning we choose to give it (Les Brown). The meaning we give life is created through the way in which we interpret life: through our filters. The question is, can we change those filters? Join Laurens on a whimsical ride through his genuine and open life experiences that shed light on various mind-set-altering tools that he has used to become an author, personal development coach, and inspirational speaker. The book consists of five chapters that cover (i) self-awareness, the cornerstone to emotional intelligence and crucial to understanding your thoughts and redirecting your focus to empower your reality; (ii) challenging your negative thoughts in a safe and empowering way that you are able to move forward and unlock your greatness; (iii) ten perspectives that you can use to take charge of your life and learn to view situations using a different lens; and (iv) goal setting and taking action, because without action things in your life will not change. This chapter offers tools and methodologies, successfully tried and tested, to empower a change in perspective. Last is (v)...



Reviews

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